sample type: **SERUM** 

# **Allergy Antibody Assessments**

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The incidence of food sensitivities has increased dramatically over the years. It is estimated that up to 20% of the population have adverse reactions to foods. Genova's **Food Allergy Antibody Assessment** helps identify those with true IgE-mediated allergies as well as IgG-mediated food intolerances. The test measures IgG antibody levels to 87 foods, quantitative IgE antibody levels to the most common types of dietary allergens, and total IgE. Additional tests are also available for regional inhalants, molds, vegetables and spices.

## The Consequences of Food Allergies

Increased total antigenic load related to food and environmental sensitivities has been associated with a wide range of medical conditions affecting virtually every part of the body. Mood and behavior, including hyperactivity disorders in children, are profoundly influenced by food allergies. Symptoms can range from mildly uncomfortable to severe. They may include:

- Asthma
- Eczema
- Arthritis
- Sinusitis
- Migraine
- Urticaria
- Ear Infections
- Colitis

## IgE vs. IgG Mediated Reactions

Classical skin testing for allergies such as skin-scratch testing only measures IgE-mediated reactions. Assessment of relative IgG antibody levels to a multitude of foods using sensitive Enzyme-Linked Immunosorbent Assay (ELISA) technology identifies those foods against which the patient is producing antibodies. Measuring both relative IgE and IgG antibody levels provides an invaluable starting point for dietary intervention.

The key differences between IgE and IgG mediated allergies/sensitivities are summarized below:

## **IgE-Mediated Allergies**

- Immediate onset (within minutes)
- Circulating half-life of 1-2 days
- · Permanent allergies
- Stimulates histamine release
- Includes foods, inhalants & molds

## **IgG-Mediated Allergies**

- Delayed onset (4-72 hours)
- Circulating half-life of 21 days
- Temporary allergies
- Stimulates histamine release and activates complement
- Includes foods, herbs & spices

# Testing Options for Clinicians

- IgG Foods with IgE Foods IgG antibodies to 87 different foods, 19 quantitative IgE antibodies to the most common foods, and Total IgE
- IgG Food Antibodies IgG antibody levels to 87 foods and Total IgE
- IgE Molds Quantitative IgE antibody levels to 14 common molds and Total IgE
- IgE Inhalants Quantitative IgE to 14 common environmental inhalants specific to 18 North American geographic regions and Total IgE
- IgG Vegetable Food Add-on IgG antibodies to 21 additional vegetarian foods with a total IgF
- IgG Spices IgG antibodies to 24 commonly used herbs and spices and Total IgE

Several controls are routinely included with each test to check for auto reactivity and to ensure optimal accuracy.

All IgG Food Antibody profiles are accompanied by a customized True Relief® four-day rotation diet that tailors a regime for antibody reduction and symptom alleviation.

# • Specimen Requirements:

IgG Vegetable Food Add-on

#### - Food Antibody Assessment-

3 ml serum in SST

•Testing Options:

- Combination Profiles-

IgG Food with Inhalants

IgG Food with IgE Food IgG/IgE Food with Inhalants;

- Individual Profiles-

IgG Food with Molds

IgG Food Antibodies IgE Inhalants

IgE Molds

IgG Spices

- Inhalants Profile-
- 3 ml serum in SST
- Molds Profile-
- 3 ml serum in SST
- Vegetable Add-on Profile-
- 3 ml serum in SST
- Spice Profile-
- 3 ml serum in SST

### •Before Patient Takes this Test:

- Avoid immuno-suppressive medications for at least one week
- Chemotherapy may interfere with test results
- See instructions inside test kit for details





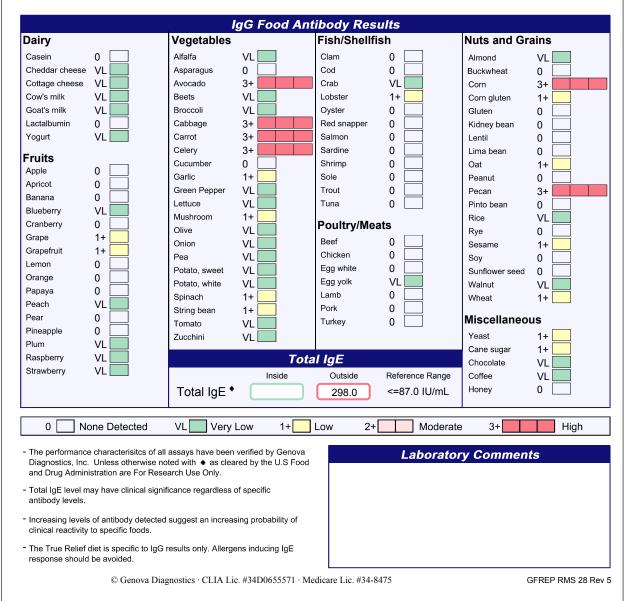
# IgG Food Antibody Assessment



63 Zillicoa Street Asheville, NC 28801 © Genova Diagnostics

Patient: SAMPLE Order Number: PATIENT Completed: July 28, 2006 Age: 17 Received: July 19, 2006 Sex: F Collected: July 19, 2006

MRN:



### This test reveals important clinical information about:

- Immediate (IgE) and delayed (IgG) food reactions causing inflammation and altered intestinal permeability, thus playing a role in headache, fatigue, depression, anxiety, hyperactivity, mood shifts, dermatitis, arthritis, weight gain, irritable bowel syndrome, recurrent infection, and other chronic conditions
- IgE-mediated immune reactions to regionspecific environmental antigens and molds associated with seasonal allergy symptoms such as runny nose, itchy eyes, asthma, or sinusitis
- Total antigenic load that can place cumulative stress on the immune system, leading to chronic gastrointestinal disorders and autoimmune conditions
- Patient-specific dietary instructions that outline foods to eliminate along with a detailed True Relief® dietary rotation schedule of all tested foods

For test kits, clinical support, or more information contact:

**Client Services Genova Diagnostics** 63 Zillicoa St. Asheville, NC 28801-1074

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More detailed publications with references are also available: www.GDX.net